

## The short version of the Experiences in Close Relationships-Revised (ECR-R-18)

Instructions: The statements below concern how you feel in emotionally intimate relationships. We are interested in how you generally experience relationships, not just in what is happening in a current relationship. Respond to each statement by circling a number to indicate how much you agree or disagree with the statement

<b>1. I prefer not to show a partner how I feel deep down.</b>									
strongly disagree	1	2	3	4	5	6	7	strongly agree	
<b>2. I often worry that my partner doesn't really love me.</b>									
strongly disagree	1	2	3	4	5	6	7	strongly agree	
<b>3. I feel comfortable sharing my private thoughts and feelings with my partner.</b>									
strongly disagree	1	2	3	4	5	6	7	strongly agree	
<b>4. When my partner is out of sight, I worry that he or she might become interested in someone else.</b>									
strongly disagree	1	2	3	4	5	6	7	strongly agree	
<b>5. I am very comfortable being close to romantic partners.</b>									
strongly disagree	1	2	3	4	5	6	7	strongly agree	
<b>6. My romantic partner makes me doubt myself.</b>									
strongly disagree	1	2	3	4	5	6	7	strongly agree	
<b>7. I usually discuss my problems and concerns with my partner.</b>									
strongly disagree	1	2	3	4	5	6	7	strongly agree	
<b>8. I often worry that my partner will not want to stay with me.</b>									
strongly disagree	1	2	3	4	5	6	7	strongly agree	
<b>9. I find it easy to depend on romantic partners</b>									
strongly disagree	1	2	3	4	5	6	7	strongly agree	
<b>10. I worry a lot about my relationships.</b>									
strongly disagree	1	2	3	4	5	6	7	strongly agree	
<b>11. I tell my partner just about everything.</b>									
strongly disagree	1	2	3	4	5	6	7	strongly agree	
<b>12. When I show my feelings for romantic partners, I'm afraid they will not feel the same about me.</b>									
strongly disagree	1	2	3	4	5	6	7	strongly agree	
<b>13. It's not difficult for me to get close to my partner.</b>									
strongly disagree	1	2	3	4	5	6	7	strongly agree	
<b>14. Sometimes romantic partners change their feelings about me for no apparent reason.</b>									
strongly disagree	1	2	3	4	5	6	7	strongly agree	
<b>15. I talk things over with my partner.</b>									
strongly disagree	1	2	3	4	5	6	7	strongly agree	
<b>16. I worry that romantic partners won't care about me as much as I care about them.</b>									
strongly disagree	1	2	3	4	5	6	7	strongly agree	
<b>17. It helps to turn to my romantic partner in times of need.</b>									
strongly disagree	1	2	3	4	5	6	7	strongly agree	
<b>18. I worry that I won't measure up to other people.</b>									

strongly disagree	1	2	3	4	5	6	7	strongly agree
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ECR-R-18, Wongpakaran & Wongpakaran (2012) modified from Fraley, Waller, and Brennan (2000)

**Scoring Information**

Green = attachment anxiety; item 2, 4, 6, 8, 10, 12, 14, 16, 18

Blue = attachment avoidance; item 1, 3, 5, 7, 9, 11, 13, 15, 17

Reversed keyed = The items that you will need to be reverse keyed before you compute this average, i.e. item 3, 5, 7, 9, 11, 13, 15, 17 for example if the respondent scores 6 for these items, it has to be changed to 2

**How to score**

attachment anxiety **mean** = (item 2 + 4 + 6 + 8 + 10 + 12 + 14 + 16 + 18) / 9

attachment avoidance **mean** = (item 1 + 3 + 5 + 7 + 9 + 11 + 13 + 15 + 17) / 9

See an example,

Suppose a respondent scores as below;

<b>1. I prefer not to show a partner how I feel deep down.</b>								
strongly disagree	1	2	3	4	5	6	7	strongly agree
<b>2. I often worry that my partner doesn't really love me.</b>								
strongly disagree	1	2	3	4	5	6	7	strongly agree
<b>3. I feel comfortable sharing my private thoughts and feelings with my partner.</b>								
strongly disagree	1	2	3	4	5	6	7	strongly agree
<b>4. When my partner is out of sight, I worry that he or she might become interested in someone else.</b>								
strongly disagree	1	2	3	4	5	6	7	strongly agree
<b>5. I am very comfortable being close to romantic partners.</b>								
strongly disagree	1	2	3	4	5	6	7	strongly agree
<b>6. My romantic partner makes me doubt myself.</b>								
strongly disagree	1	2	3	4	5	6	7	strongly agree
<b>7. I usually discuss my problems and concerns with my partner.</b>								
strongly disagree	1	2	3	4	5	6	7	strongly agree
<b>8. I often worry that my partner will not want to stay with me.</b>								
strongly disagree	1	2	3	4	5	6	7	strongly agree

<b>9. I find it easy to depend on romantic partners</b>								
strongly disagree	1	2	3	4	5	6	7	strongly agree
<b>10. I worry a lot about my relationships.</b>								
strongly disagree	1	2	3	4	5	6	7	strongly agree
<b>11. I tell my partner just about everything.</b>								
strongly disagree	1	2	3	4	5	6	7	strongly agree
<b>12. When I show my feelings for romantic partners, I'm afraid they will not feel the same about me.</b>								
strongly disagree	1	2	3	4	5	6	7	strongly agree
<b>13. It's not difficult for me to get close to my partner.</b>								
strongly disagree	1	2	3	4	5	6	7	strongly agree
<b>14. Sometimes romantic partners change their feelings about me for no apparent reason.</b>								
strongly disagree	1	2	3	4	5	6	7	strongly agree
<b>15. I talk things over with my partner.</b>								
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<b>16. I worry that romantic partners won't care about me as much as I care about them.</b>								
strongly disagree	1	2	3	4	5	6	7	strongly agree
<b>17. It helps to turn to my romantic partner in times of need.</b>								
strongly disagree	1	2	3	4	5	6	7	strongly agree
<b>18. I worry that I won't measure up to other people.</b>								
strongly disagree	1	2	3	4	5	6	7	strongly agree

Before calculation, you have to revert the scores in item 3, 5, 7, 9, 11, 13, 15, 17, therefore it will turn to be (in red)

<b>1. I prefer not to show a partner how I feel deep down.</b>								
strongly disagree	1	2	3	4	5	6	7	strongly agree
<b>2. I often worry that my partner doesn't really love me.</b>								
strongly disagree	1	2	3	4	5	6	7	strongly agree
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<b>18. I worry that I won't measure up to other people.</b>								
strongly disagree	1	2	3	4	5	6	7	strongly agree

Now, you can calculate for mean of attachment anxiety and attachment avoidance

attachment anxiety **mean** = (item 2 + 4 + 6+ 8+ 10+ 12+ 14+ 16+ 18) / 9

attachment avoidance **mean** = (item 1 + 3 + 5+ 7+ 9+ 11+ 13+ 15+ 17) / 9

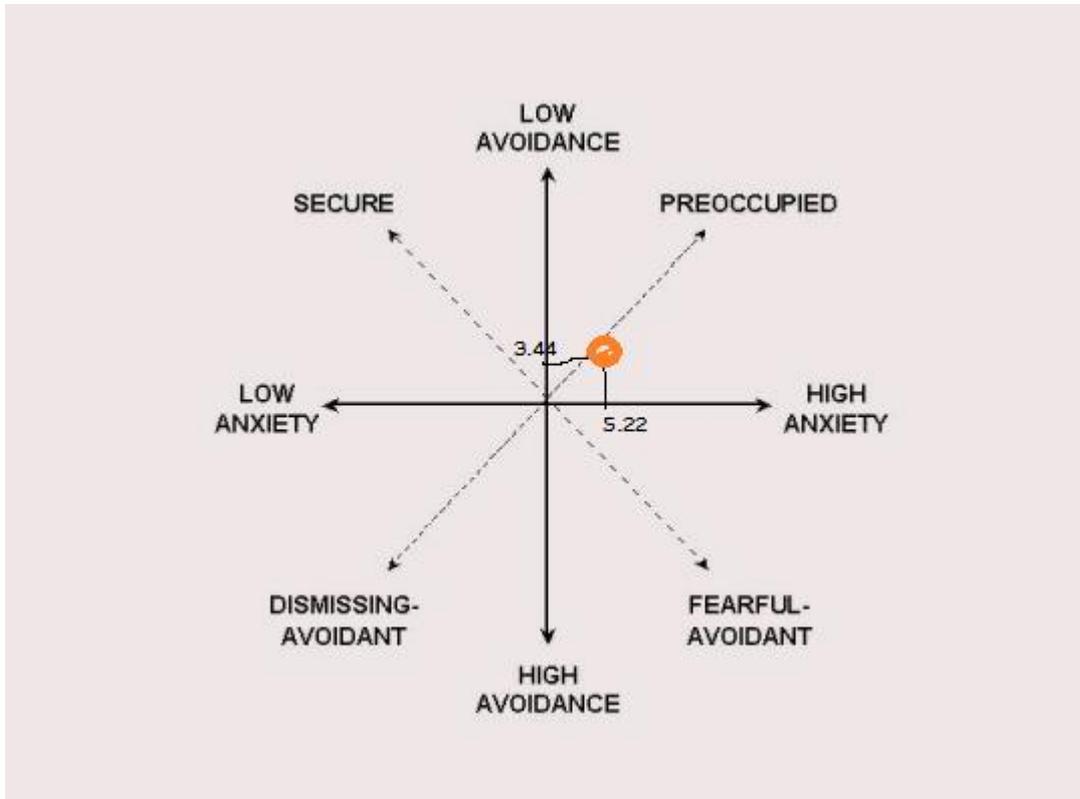
Therefore

attachment anxiety **mean** = ( 5 + 6 + 5+4 +6 +5 +4 +5 +7 ) / 9 = 5.22

attachment avoidance **mean** = ( 6+ 4+ 1+ 4+4+3+3+4+2 ) / 9 = 3.44

The median is about 4, higher than 4 equals high, lower than 4 equals low

therefore 5.22 is considered high (anxiety) while 3.44 is low ( avoidance). Now you plot the graph using these two mean, one for anxiety axis and the other is for avoidance axis. The middle (intersection) is median (4). So this person's score should fall into 'preoccupied' attachment.



However, for more accurate and reliable results I suggest you use the guideline recommended by Fraley (see below) if you can. You can ask a statistician if you don't know how to get Beta 1 and Beta2.

**Q: I would like to analyze my data in a continuous fashion. How should I do so?**

A: I recommend using basic correlational methods (e.g., correlations, multiple regression, structural equation models).

A standard research question is typically of the form "Do attachment styles predict Y?", where Y is some kind of outcome of interest, such as relationship satisfaction, depressive symptoms, response times in a cognitive task, etc. One common way of analyzing such data is with multiple regression:

$$\text{Outcome} = (\text{constant/intercept}) + \text{Beta1} * \text{Anxiety} + \text{Beta2} * \text{Avoidance} + (\text{residual variance}).$$

This general analytic framework allows you to study attachment in a continuous

manner. Let's assume the Outcome was depressive symptoms and that the estimated values of Beta1 and Beta2 were +.30 and +.20, respectively. These estimates would suggest that people higher in attachment-related anxiety and attachment-related avoidance are more likely to report depressive symptoms. Depending on the theoretical questions you're asking, you might have various expectations regarding whether none, one, or both of the attachment dimensions are necessary to predict the outcome of interest.

Importantly, analyzing the two dimensions simultaneously in a regression framework allows you to interpret your results in a manner that is conceptually aligned with Bartholomew's four attachment prototypes (e.g., secure, fearful, preoccupied, dismissing)--but in a way that allows other regions of the two-dimensional space to be accurately represented. The table below is designed to illustrate the way different patterns of regression coefficients (e.g., beta weights) can be interpreted with respect to various attachment patterns.

Regression coefficients		General interpretation
Beta 1 (for Anxiety)	Beta 2 (for Avoidance)	
0	0	This pattern of coefficients indicates that attachment is unrelated to the dependent variable.
0	+	<p>This pattern of coefficients indicates that, although anxiety is unrelated to the dependent variable, avoidance is positively related to it. As such, the more avoidant people are with respect to attachment, the higher their scores on the dependent variable.</p> <p>With respect to Bartholomew's prototypes, this pattern of coefficients suggests that highly fearful and dismissing people (i.e., people on the high end of the avoidance dimension) score higher on the dependent variable than highly secure and preoccupied people (i.e., people on the low end of the avoidance dimension).</p>
0	-	<p>This pattern of coefficients indicates that, although anxiety is unrelated to the dependent variable, avoidance is negatively related to it. As such, the more avoidant people are with respect to attachment, the <i>lower</i> their scores on the dependent variable.</p> <p>With respect to Bartholomew's prototypes, this pattern of coefficients suggests that highly fearful and dismissing people (i.e., people on the high end of the avoidance dimension) score lower on the</p>

		<p>dependent variable than highly secure and preoccupied people (i.e., people on the low end of the avoidance dimension).</p>
+	0	<p>This pattern of coefficients indicates that, although avoidance is unrelated to the dependent variable, anxiety is positively related to it. As such, the more anxious people are with respect to attachment, the higher their scores on the dependent variable.</p> <p>With respect to Bartholomew's prototypes, this pattern of coefficients suggests that highly preoccupied and fearful people (i.e., people on the high end of the anxiety dimension) score higher on the dependent variable than highly secure and dismissing people (i.e., people on the low end of the anxiety dimension).</p>
+	+	<p>This pattern of coefficients indicates that both avoidance and anxiety are positively related to the dependent variable. As such, the more anxious <i>and</i> avoidant people are with respect to attachment, the higher their scores on the dependent variable.</p> <p>With respect to Bartholomew's prototypes, this pattern of coefficients suggests that highly fearful people (i.e., people on the high end of both the anxiety and avoidance dimensions) score higher on the dependent variable than highly secure people (i.e., people low on both dimensions). Prototypically dismissing and preoccupied people are somewhere in-between. When both coefficients are positive, the effect is driven by both dimensions. The combination of these two dimensions is sometimes referred to as the "insecure vs. secure" axis in the two-dimensional space.</p>
+	-	<p>This pattern of coefficients indicates that anxiety is positively related to the dependent variable and avoidance is negatively related to the dependent variable. As such, the more anxious and <i>less</i> avoidant people are with respect to attachment, the higher their scores on the dependent variable.</p> <p>With respect to Bartholomew's prototypes, this pattern of coefficients suggests that highly preoccupied people (i.e., people on the high end of the anxiety dimension and the low end of the</p>

		<p>avoidance dimension) score higher on the dependent variable than highly dismissing people (i.e., people on the low end of the anxiety dimension and the high end of the avoidance dimension). Prototypically secure and fearful people are somewhere in-between. When the coefficients exhibit this pattern, the effect is driven by both dimensions. This particular combination of the two dimensions is sometimes referred to as the "hyperactivating vs. deactivating" axis in the two-dimensional space.</p>
-	0	<p>This pattern of coefficients indicates that, although avoidance is unrelated to the dependent variable, anxiety is negatively related to it. As such, the more anxious people are with respect to attachment, the <i>lower</i> their scores on the dependent variable.</p> <p>With respect to Bartholomew's prototypes, this pattern of coefficients suggests that highly secure and dismissing people (i.e., people on the low end of the anxiety dimension) score <b>higher</b> on the dependent variable than highly fearful and preoccupied people (i.e., people on the high end of the anxiety dimension).</p> <p>(Thanks to <a href="#">Liam Embliss</a> for noticing a typo here on Dec 29, 2013)</p>
-	+	<p>This pattern of coefficients indicates that avoidance is positively related to the dependent variable and anxiety is negatively related to the dependent variable. As such, the more avoidant and <i>less</i> anxious people are with respect to attachment, the higher their scores on the dependent variable.</p> <p>With respect to Bartholomew's prototypes, this pattern of coefficients suggests that highly dismissing people (i.e., people on the high end of the avoidance dimension and the low end of the anxiety dimension) score higher on the dependent variable than highly preoccupied people (i.e., people on the low end of the avoidance dimension and the high end of the anxiety dimension). Prototypically secure and fearful people are somewhere in-between. When the coefficients exhibit this pattern, the effect is driven by both dimensions. This particular combination of the two dimensions is sometimes referred to as the "deactivating vs. hyperactivating" axis in the two-dimensional space.</p>

-	-	<p>This pattern of coefficients indicates that both avoidance and anxiety are negatively related to the dependent variable. As such, the more anxious <i>and</i> avoidant people are with respect to attachment, the <i>lower</i> their scores on the dependent variable.</p> <p>With respect to Bartholomew's prototypes, this pattern of coefficients suggests that highly secure people (i.e., people on the low end of both the anxiety and avoidance dimensions) score higher on the dependent variable than highly fearful people (i.e., people high on both dimensions).</p> <p>Prototypically dismissing and preoccupied people are somewhere in-between. When both coefficients are negative, the effect is driven by both dimensions. The combination of these two dimensions is sometimes referred to as the "secure vs. insecure" axis in the two-dimensional space.</p>

Note: It is also possible to test the **interaction** between attachment-related anxiety and avoidance, although, in my experience, the interaction rarely explains much variance in dependent variables. It is necessary to include the interaction term if you are predicting a pattern of results that cannot be modeled as an additive combination of the two dimensions. For example, if you predict that highly secure people will be high on variable X and that highly dismissing, fearful, and preoccupied people will be low on variable X, it is necessary to include an interaction term to characterize such a pattern because, by definition, this pattern cannot be represented fully as an additive combination of anxiety and avoidance. For examples of this usage, see Fraley & Bonanno (2004).